



A MATTER OF SUBSTANCE: AT-A-GLANCE

NOVEMBER 2013

A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

SAMHSA: "Bath Salts" Involved in Nearly 23,000 Emergency Department Visits in One Year:

A new national [report](#) reveals that "bath salts," a group of drugs containing amphetamine-type stimulants, were linked to an estimated 22,904 visits to hospital emergency departments in 2011. The report by the Substance Abuse and Mental Health Services Administration (SAMHSA) is the first national study to track bath salts drugs to hospital emergency department visits since these drugs emerged a few years ago.

"Although bath salts drugs are sometimes claimed to be 'legal highs' or are promoted with labels to mask their real purpose, they can be extremely dangerous when used," said Dr. Elinore McCance-Katz, SAMHSA's chief medical officer. "Bath salts drugs can cause heart problems, high blood pressure, seizures, addiction, suicidal thoughts, psychosis and in some cases, death - especially when combined with the use of other drugs." According to the report, "about two-thirds of emergency department visits involving bath salts also involved the use of another drug."

SIYAC Looking for Young People in Recovery to Share Their Story:

The State of Iowa Youth Advisory Council (SIYAC) is a group up of 21 youth from around the state organized under the Department of Human Rights to advocate for the youth of Iowa by working on legislation and service.

The Council is currently working on a project to raise awareness of the negative effects of drugs and alcohol. It is a short informative video aimed at Iowa youth that is made up of a collection of personal stories. The goal is to create a public service announcement that is different than a normal school lecture so that it makes an impact on its viewers and shares resources for those struggling with a substance use problems. SIYAC is currently looking for young people who would be willing to share their personal stories of how they are overcoming addiction. They would highly appreciate and consider any help or input offered. If interested, contact Mary Korch at 15mkorch@gmail.com or (319) 540-9425 by December 1.

Prevention Receives Fellowship Staff:

SAMHSA developed the CSAP (Center for Substance Abuse Prevention) Fellowship Program in 2006 as an effort to build the substance abuse professional workforce by improving knowledge and skills related to prevention practices. Toby V. Yak, MPH, joined the IDPH Behavioral Health Division on October 1 as Iowa's first CSAP Fellow. Mr. Yak earned a Bachelor of Science degree from North Dakota State University; a Master of Public Health degree from Walden University and is currently pursuing a Ph.D. in Public Health with concentration in epidemiology from Walden University. He has ten years of biomedical research experience. Mr. Yak will be with IDPH for two years, primarily with the Bureau of Substance Abuse. Debbie Synhorst will act as the fellowship mentor. *Welcome Toby!*

Recovery Month Update:

Last month a total of 16 providers received funding to host Recovery Month Events in their communities which included:

ADDS - Burlington	CADS - Davenport	Heartland - Council Bluffs	SATUCI - Marshalltown
ASAC - Cedar Rapids	CFR - Fort Dodge	Jackson Recovery - Sioux City	YSS - Ames
Boone County Recovery - Boone	Clearview Recovery - Prairie City	NEIBH - Decorah	YWCA - Fort Dodge
Bridges of Iowa - Des Moines	First Resources - Ottumwa	SASC - Dubuque	Zion - Atlantic

P.S...we added a second page this month to show off some of your great pictures from Recovery Month events held around the state...so check 'em out!

UPCOMING EVENTS

Governor's Bullying Prevention Summit November 4

Hy-Vee Hall - Hall B, Des Moines

To register, go to <http://preventbullying.iowa.gov>

2013 Iowa Prevention Conference November 13

Hy-Vee Hall - Iowa Events Center, Des Moines

To register, go to www.trainingresources.org.

Holistic Healing: Mindfulness Techniques In Addiction

Treatment November 15 8:45 am - Noon.

Peter Waitt Education Center, Sioux City

For more information, go to www.jacksonrecovery.com.

Training Without Travel

Check out the online training course at

www.trainingresources.org.

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:

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2013 RECOVERY MONTH EVENTS

